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The Sugar Blum Method

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"This effervescent novel goes to the heart of everyday worries, in step with its heroine and her quest for joie de vivre!" ~ Opalivres

Hi! My name's Sugar Blum, and my life is like a novel:

- my family's out of control
- my imaginary friend is the Prince of the Universe
- I have the best friends on earth
- my drooly dog won't leave me alone

And when things aren't going well, I tell myself stories... The Sugar Blum method means looking at the big picture and finding happiness!